

ELEVATE & THRIVE FITNESS

BACK & BICEPS DAY 1

| EXERCISE | NOTES | SETS | REPS | REST |
|--|--|------|-------------|--------|
| Warm up | Dynamic stretching: arm circles, band pull aparts, band around the world, push ups, DB rotators REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT | 1-2 | 10-15 | 1 min |
| Lat Pulldowns | 2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets | 5 | 10,10,8,8,8 | 90 sec |
| Barbell Bent over Row | | 4 | 8 | 90 sec |
| Barbell Bicep Curl | | 4 | 10 | 90 sec |
| Cable Bar Straight Arm Pulldowns | | 3 | 12-15 | 60 sec |
| Incline bench DB lying reverse Y flys Superset w/ incline bench DB spider curls | | 3 | 12,12 | 90 sec |
| Walking on incline treadmill | | 1 | 20 minutes | N/A |

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QUADS & GLUTES DAY 2

| EXERCISE | NOTES | SETS | REPS | REST |
|--|---|------|----------------|--------|
| Warm up | <p>Dynamic stretching: body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc.</p> <p>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</p> | 1-2 | 10-15 | 1 min |
| Barbell Back Squat | <p>2 Warm Up Sets (RPE 5 on warm up sets)</p> <p>Followed by 3 Working Sets</p> <p>For a total of 5 sets</p> | 5 | 10,10,8,8,8 | 2 min |
| Leg Press | | 4 | 10 | 90 sec |
| Heel Elevated Narrow Stance Goblet Squat Superset with Walking DB lunges | | 3 | 10, 8 each leg | 2 min |
| Machine Seated Leg Extension | | 3 | 12 | 60 sec |
| Machine Seated Calf Raise | | 3 | 20 | 60 sec |
| Stairmaster | | 1 | 15-20 min | N/A |

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SHOULDERS & ABS DAY 3

| EXERCISE | NOTES | SETS | REPS | REST |
|--|--|------|-------------|--------|
| Warm up | Dynamic stretching: arm circles, band pull aparts, band around the world, push ups, DB rotators REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT | 1-2 | 10-15 | 1 min |
| Barbell Overhead Shoulder Press | 2 Warm Up Sets (RPE 5 on warm up sets) Followed by 3 Working Sets For a total of 5 sets | 5 | 8 | 2 min |
| DB Lateral Raises | | 4 | 10 | 90 sec |
| DB Standing SA Shoulder Press | | 4 | 10 each arm | 90 sec |
| Plate Front Raise Burnout | | 1 | 75 | 90 sec |
| AB circuit: deadbugs, weighted crunches & plank | 3 rounds of 45 sec on each exercise. No rest between exercises until all 3 are completed | 3 | 30 sec each | 60 sec |
| Sprints | 30 sec sprints followed by 30 sec walking and repeat | 1 | 15 min | N/A |

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GLUTES & HAMSTRINGS DAY 4

| EXERCISE | NOTES | SETS | REPS | REST |
|-------------------------------|---|------|-------------|--------|
| Warm up | <p>Dynamic stretching: body weight squats, body weight lunges, leg swings, hip rotators, lateral lunges, frog squats, etc.</p> <p>REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT</p> | 1-2 | 10-15 | 1 min |
| Barbell Hip Thrust | <p>2 Warm Up Sets (RPE 5 on warm up sets)</p> <p>Followed by 4 Working Sets</p> <p>For a total of 6 sets</p> | 6 | 10,10,8,8,8 | 2 min |
| DB RDL | | 4 | 10 | 90 sec |
| DB Elevated Glute Bridges | | 3 | 12 | 60 sec |
| Machine Seated Hamstring curl | | 3 | 10 | 60 sec |
| Hyper Reverse Frog Pumps | hold DB between feet if possible | 3 | 12-15 | 60 sec |
| Stairmaster | | 1 | 15- 20 min | N/A |
| | | | | |

ELEVATE & THRIVE FITNESS

CHEST & TRICEPS DAY 5

| EXERCISE | NOTES | SETS | REPS | REST |
|--|--|------|-------------------|--------|
| Warm up | Dynamic stretching: arm circles, band pull aparts, band around the world, push ups, DB rotators REMINDER: ACTIVATE CORE BEFORE EVERY MOVEMENT | 1-2 | 10-15 | 1 min |
| Barbell Incline Bench Press | 2 Warm Up Sets (RPE 5 on warm up sets) Followed by 4 Working Sets For a total of 6 sets | 6 | 10,10,8,8,8 | 2 min |
| DB Flat Bench Chest Fly SS w/ DB Overhead Tricep Extension | | 4 | 10,10 | 90 sec |
| Single Arm Isometric Chest Press SS w/ Bench Tricep Dips | | 3 | 8 each arm, 10 | 90 sec |
| Cable Straight Bar Tricep Pushdown | | 3 | 15 | 60 sec |
| Treadmill Incline Walking | | 1 | 20 min | N/A |